

## Claims

1. A sheet cosmetic comprising a single-layered aqueous gel sheet having no supporting layer, wherein the aqueous gel sheet of 1 mm in thickness has a light transmittance of 70% or more.

2. A sheet cosmetic according to claim 1, having an adhesion force 1-100 times its own weight.

3. A sheet cosmetic according to claim 1 or 2, having a gel strength of 1000 g/cm<sup>2</sup> or less.

4. A sheet cosmetic according to any one of claims 1 to 3, comprising an agar (A) which has a gel strength of 600 g/cm<sup>2</sup> or less at an agar content of 1.5 wt%, wherein said agar ingredient (A) is obtained by subjecting raw seaweed having a sulfate group content of 1-10% to extraction in neutral hot water.

5. A sheet cosmetic according to claim 4, further comprising an additional water-soluble polymer (B).

6. A sheet cosmetic according to claim 4, further comprising a humectant (C).

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